

Abstract

Title: Physical activity of eleven-year-old pupils in Prague and Helsinki

Objectives: The aim of this work is based on the questionnaire survey and shall describe and evaluate the current state of physical activity of eleven year old pupils in Prague and Helsinki. Following the results of the work, proposals for improvement of the current situation will be created. These can be used by either organizations and institutions that are engaged in support of physical activity or have it directly in the job description, or the general public.

Methods: Primary and secondary data sources were used for this research of the physical activity of the eleven-year-old pupils in Prague and Helsinki. To obtain the primary data, it was necessary to make a quantitative research using questionnaires among the pupils. The secondary data were obtained from the research of the WHO which in the years 2009/2010, inter alia, examined the status of the physical activity of the eleven-year-old pupils in the world. Other, previously conducted research works and reports related to this issue were used as well. The questionnaire survey was carried out by random selection of primary schools in Prague and Helsinki, using written questionnaires. The sample was 220 eleven-year-old pupils in Prague and 220 eleven-year-old pupils in Helsinki.

Results: The results of our research had brought out that almost all study aspects of physical activity of eleven-year-old pupils in Prague and Helsinki are similar. Main differences are just in two aspects. More eleven-year-old pupils in Helsinki are participating in extracurricular physical activities than eleven-year-old pupils in Prague. And more parents of eleven-year-old pupils in Helsinki are physicaly active than parents of eleven-year-old pupils in Prague. Comparing our results with the research of World Health Organisation in the years 2009/2010 in Czech republic and Finland, we concluded, that the frequency of the physical activity of the eleven-year-old pupils throughout the week got worse since that time (our research was taking place just in Prague and Helsinki).

Keywords: physical activity, physical inactivity, health, eleven-year-old pupils